



Long Beach Department Parks, Recreation & Marine Community Recreation Services

May 2018

El Dorado Park - Senior Activity Calendar



Special Events/Services

- ◆ 5/1 BINGO
- ◆ 5/1 HealthCare Partners BP Checks
- ◆ 5/9 Flower Arranging
- ◆ 5/11 HSA Mothers Day Lunch
- ◆ 5/15 BINGO
- ◆ 5/18 Card Making
- ◆ 5/18 Memorial Care BP Checks
- ◆ 5/24 Travelin' Game Show- HCP
- ◆ 5/28 Facility CLOSED
- ◆ 5/30 Mini-Craft Workshop

Weekly Activities

- ◆ Big Band Concert & Dance
Mondays 12-2 p.m.
Wednesday 12:30-2:30 p.m.
- ◆ Bingo
May 1st & 15th

Groups and Club Meetings

- ◆ Book Club
Tuesday 5/1 1-2:30 p.m.
- ◆ Cronit Club
Tuesdays 10-11:30 a.m.
- ◆ Quilting Club
Wednesdays 9:30-12:30 p.m.
- ◆ Crochet & Knitting Club
Fridays 10 a.m.-12 p.m.

HSA Senior Lunch Program

Lunches are served Monday-Friday at 11:30am. Lunches must be ordered 24 hours before the day the lunch is needed. Please stop by or call (562) 429-4283.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Senior Fitness \$4 10 a.m. Card Games 11 a.m.	2 Zumba Gold Toning \$4 9 a.m. Light Chair Stretching 10a.m. Ballroom Dancing \$4 10:30 a.m.	3 Senior Fitness \$4 10 a.m. Contract Bridge 12 p.m. Line Dancing \$ 1 p.m.	4 Zumba Gold \$4 8:45 a.m. Longevity Stick Class 9 a.m. Light Chair Stretching 10a.m. Almost Ballet \$ 10 a.m. Card Games 11am
7 Longevity Stick Class 9 a.m. Light Chair Stretching 10 a.m. Contract Bridge 12 p.m.	8 Senior Fitness \$4 10 a.m. Card Games 11 a.m.	9 Zumba Gold Toning \$4 9 a.m. Light Chair Stretching 10a.m. Ballroom Dancing \$4 10:30 a.m.	10 Senior Fitness \$4 10 a.m. Contract Bridge 12 p.m. Line Dancing \$ 1 p.m.	11 Zumba Gold \$4 8:45a.m. Longevity Stick Class 9 a.m. Light Chair Stretching 10a.m. Almost Ballet \$ 10 a.m. Card Games 11am
14 Longevity Stick Class 9 a.m. Light Chair Stretching 10 a.m. Contract Bridge 12 p.m.	15 Senior Fitness \$4 10 a.m. Card Games 11 a.m.	16 Zumba Gold Toning \$4 9 a.m. Light Chair Stretching 10a.m. Ballroom Dancing \$4 10:30 a.m.	17 Senior Fitness \$4 10 a.m. Contract Bridge 12 p.m. Line Dancing \$ 1 p.m.	18 Zumba Gold \$4 8:45 a.m. Longevity Stick Class 9 a.m. Light Chair Stretching 10a.m. Almost Ballet \$ 10 a.m. Card Games 11am
21 Longevity Stick Class 9 a.m. Light Chair Stretching 10 a.m. Contract Bridge 12 p.m.	22 Senior Fitness \$4 10 a.m. Card Games 11 a.m.	23 Zumba Gold Toning \$4 9 a.m. Light Chair Stretching 10a.m. Ballroom Dancing \$4 10:30 a.m.	24 Senior Fitness \$4 10 a.m. Contract Bridge 12 p.m. Line Dancing \$ 1 p.m.	25 Zumba Gold \$4 8:45 a.m. Longevity Stick Class 9 a.m. Light Chair Stretching 10a.m. Almost Ballet \$ 10 a.m. Card Games 11am
28 Longevity Stick Class 9 a.m. Light Chair Stretching 10 a.m. Contract Bridge 12 p.m.	29 Senior Fitness \$4 10 a.m. Card Games 11 a.m.	30 Zumba Gold Toning \$4 9 a.m. Light Chair Stretching 10a.m. Ballroom Dancing \$4 10:30 a.m.	31 Senior Fitness \$4 10 a.m. Contract Bridge 12 p.m. Line Dancing \$ 1 p.m.	